

NOVEMBER 2021

*****MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS*****

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Lasagna Rollettes with Homemade Tomato Sauce Capri Blend Vegetables		Brown Gravy Salisbury Steak Baked Sweet Potato Roasted Zucchini		Sweet and Sour Chicken Breasts with White Rice Steamed Broccoli		Baked Breaded Fish Peas and Pearl Onions Steamed Carrots		Arroz con Pollo/Chicken Breast and Rice with Yellow Plantains Steamed Green Beans	
8		9		10		11		12	
Baked Macaroni and Cheese Roasted Zucchini Steamed Green Beans <small>*congregate lunch until 1pm, regular schedule grab&go*</small>		Teriyaki Chicken Thighs with White Rice Sauteed Spinach		Creamy Beef & Mushroom Sauce with Egg Noodles Steamed Broccoli Carrots		Tilapia with Creole Sauce with Mashed Sweet Potatoes Steamed Green Beans		Chicken Parmesan with Homemade Tomato Sauce and Pasta Steamed Broccoli Collard Greens	
15		16		17		18		19	
Meatballs with Homemade Tomato Sauce and Pasta Steamed Broccoli Steamed Green Beans		Glazed Honey Balsamic Chicken with Rice Pilaf Carrots		Brown Gravy Meatloaf with Garlic Mashed Potatoes Sauted Zucchini		Sweet Potato Coconut Curry Fish & Brown Rice Steamed Broccoli Fruited Jello		BBQ Chicken Breasts with Garlic and Rosemary Roasted Potatoes Collard Greens	
22		23		24		25		26	
Honey Mustard Chicken Breast with Garlic Mashed Potatoes Baby Carrots & Parsley		Jumbo Stuffed Shells with Meat Sauce Sauteed Zucchini Steamed Green Beans		Coconut Chicken Curry with Broccoli and Tomato & Cous Cous Steamed Cauliflower		Thanksgiving Lunch		Senior Center Closed	
29		30							
Chicken Marsala with Rice Pilaf Baby Carrots & Parsley		Creamy Beef & Mushroom Sauce with Egg Noodles Steamed Broccoli Sauteed String Beans							

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).